

ABSTRACT

This invention relates to a process for producing fried instant noodles, which is characterized in that an oil/fat composition comprising at least 50 wt.% of diglycerides is used as frying oil; and also to fried instant noodles obtained by the process.

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This process provides a process for producing fried instant noodles which, when reconstituted with hot or boiling water, have smooth surfaces to give good mouthfeel, are not prone to soginess, do not smell oily, and have an excellent flavor inherent to flour; and also fried instant noodles obtained by the production process.

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